

Session 3

Experience Guide

June 2nd through August 3rd



Walton Family Whole Health & Fitness

Session 3

Welcome to session 3

Registration Opens
Monday, May 19th
at 7:00am

Registration Runs
May 19th – June 8th

Session 3 Dates
June 2nd - August 3rd



Session 3 Registration

Starting Monday, May 19th at 7:00am, members can register for our exciting Session 3 experiences. These sessions run from June 2nd through August 3rd and include a variety of classes and activities for you and your family to enjoy!

Preferred Registration Method

at walmart.clubautomation.com to easily register yourself and your dependents.

Secondary Registration Method

Use the Whole Health & Fitness app to sign up. Please note, only the primary member can register dependents using the app.

For assistance, check out our handy "How To" guides or contact our team at wholehealth@walmart.com. We are excited to dive into our Session 3 experiences with you!

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Important Dates

- Last day to drop a class and receive a prorated refund is June 8th
- No classes: June 30th - July 6th (holiday week)
- Classes resume: July 7th

Need to Cancel a Class?

If you need to cancel a class registration, please visit the Welcome Desk or email the appropriate program Director. Let's make this session unforgettable!

All classes are subject to change. Depending on time of registration, classes could be full. If a class does not meet minimum enrollment, a member of the Whole Health & Fitness team will notify you.

Session 3

Aquatics



Registration Opens
Monday, May 19th
7:00am

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Red Cross Learn-to-Swim Program

We are proud to offer the Red Cross Learn-to-Swim program, designed to provide a safe, supportive environment where everyone can learn at their own pace. This program focuses on building skills step-by-step, ensuring learners master one element before moving on to the next. Our kids' swim classes help build confidence in the water, making learning enjoyable and effective.



Swim Lesson Assessments

- Ensures members 3-17 are enrolled in the correct level for their abilities, promoting a better learning environment for all the swimmers in the group.
- Required to be completed by everyone age 3-17 who would like to participate in our Red Cross Learn-to-Swim group lessons.
- Assessment times are available on a monthly basis; dates & times can be found on the Aquatics page of the website, or can be completed by a private instructor.



Swim Tests

- A one-time skill test to make sure children who are 8 & under can be in the pool without a parent.
- Can be conducted by any Lifeguard on duty. Once passed, a Swim Wristband can be picked up from the Aquatic Desk each swim visit, indicating that a Swim Test has been passed!
- The Swim Test consists of
 - 1) 25-yard swim
 - 2) 1 minute floating on back
 - 3) 1 minute treading water

AQUATICS

Questions?

Please reach out to our Aquatics Manager, Tonya Vandermey, at Tonya.Vandermey0@walmart.com.



Session 3 Pool Hours

June 2nd - August 3rd



Lap Pool

25-yard lap pool with 8 lanes and hot tub on deck. For lap swimming use only.

Monday – Friday

5:30 AM – 8:30 PM

Saturday & Sunday

7:00 AM – 6:30 PM

Recreation Pool

25-yard, 10-lane recreation pool. **Lanes may be limited due to programming.**

Monday – Friday

8:00 AM – 1:00 PM

4:00 – 7:00 PM

Saturday

9:00 AM – 4:00 PM

Activity Pool

25-yard, 5-lane pool with zero entry and additional water features.

Space may be limited due to programming.

Monday, Wednesday, & Friday

8:00 AM – 8:30 PM

Tuesday & Thursday

8:00 AM – 1:00 PM

4:00 – 8:30 PM

Saturday

8:00 AM – 6:30 PM

Sunday

10:00 AM – 6:30 PM

Questions?

Please reach out to our Aquatics
Director, Brian Peticolas, at
Brian.Peticolas@walmart.com.

Walton Family
Whole Health & Fitness

Session 3

Aquatics



Parent Child 1

Ages 6 months-18 Months | Cost \$75.00

Day	Time	Instructor	Pool
Monday	10:00-10:30am	Rachel	Activity
Monday	5:30-6:00pm	Rose	Activity
Tuesday	9:00-9:30am	Rachel	Activity
Tuesday	4:00-4:30pm	Rachel	Activity
Wednesday	4:30-5:00pm	Rose	Activity
Thursday	9:30-10:00am	Rachel	Activity
Friday	9:00-9:30am	Tami	Activity
Saturday	9:00-9:30am	Tami	Activity

Parent Child 2

Ages 18 months-4 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	9:00-9:30am	Tami	Activity
Monday	4:30-5:00pm	Rose	Activity
Tuesday	10:00-10:30am	Rachel	Activity
Tuesday	5:30-6:00pm	Rachel	Activity
Wednesday	5:30-6:00pm	Rose	Activity
Thursday	8:00-8:30am	Rachel	Activity
Thursday	4:30-5:00pm	Rose	Activity
Friday	10:30-11:00am	Tami	Activity
Saturday	11:00-11:30am	Tami	Activity

Beginner 3

Age 3 | Cost \$75.00

Day	Time	Instructor	Pool
Monday	10:30-11:00am	Rachel	Activity
Monday	4:00-4:30pm	Rose	Activity
Tuesday	8:30-9:00am	Heather	Activity
Tuesday	3:30-4:00pm	Rachel	Activity
Tuesday	4:00-4:30pm	Rebecca H	Activity
Wednesday	9:00-9:30am	Heather	Activity
Wednesday	4:00-4:30pm	Heather	Activity
Wednesday	5:00-5:30pm	Rose	Activity
Thursday	9:00-9:30am	Heather	Activity
Thursday	3:30-4:00pm	Rachel	Activity
Thursday	5:30-6:00pm	Rose	Activity
Friday	9:30-10:00am	Tami	Activity
Saturday	9:00-9:30am	Becca	Activity

Advanced 3

Age 3 | Cost \$75.00

Day	Time	Instructor	Pool
Monday	9:30-10:00am	Rachel	Activity
Monday	5:00-5:30pm	Rose	Activity
Tuesday	9:00-9:30am	Heather	Activity
Tuesday	5:00-5:30pm	Rachel	Activity
Wednesday	10:00-10:30am	Heather	Activity
Wednesday	4:00-4:30pm	Rose	Activity
Thursday	10:30-11:00am	Heather	Activity
Thursday	4:00-4:30pm	Rachel	Activity
Friday	10:00-10:30am	Tami	Activity
Saturday	9:30-10:00am	Becca	Activity

Parent Child-Inclusive Aquatics

Ages 4-8 years | Cost \$75.00

Day	Time	Instructor	Pool
Thursday	3:30-4:00pm	Rose	Activity



Session 3

Aquatics



Preschool 1

Ages 4-5 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	8:30-9:00am	Tami	Activity
Monday	6:00-6:30pm	Rose	Activity
Tuesday	9:30-10:00am	Heather	Activity
Tuesday	4:30-5:00pm	Rachel	Activity
Tuesday	6:00-6:30 pm	Rachel	Activity
Wednesday	10:30-11:00am	Heather	Activity
Wednesday	11:00-11:30am	Rebecca H	Activity
Wednesday	4:30-5:00pm	Heather	Activity
Wednesday	6:00-6:30pm	Heather	Activity
Thursday	11:00-11:30am	Heather	Activity
Thursday	4:30-5:00pm	Rachel	Activity
Friday	11:00-11:30am	Tami	Activity
Saturday	10:00-10:30am	Becca	Activity

Preschool 2

Ages 4-5 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	9:00-9:30am	Tami	Activity
Monday	6:00-6:30pm	Rachel	Activity
Tuesday	10:00-10:30am	Heather	Activity
Tuesday	4:30-5:00pm	Rebecca H	Activity
Wednesday	9:30-10:00am	Heather	Activity
Wednesday	10:30-11:00am	Rebecca H	Activity
Wednesday	5:00-5:30pm	Heather	Activity
Wednesday	6:00-6:30pm	Rose	Activity
Thursday	10:00-10:30am	Heather	Activity
Thursday	4:00-4:30pm	Rose	Activity
Thursday	5:00-5:30pm	Rachel	Activity
Friday	9:00-9:30am	Christina	Activity
Saturday	10:30-11:00am	Becca	Activity

Preschool 3

Ages 4-5 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	9:30-10:00am	Tami	Activity
Monday	4:00-4:30pm	Rachel	Activity
Tuesday	10:30-11:00am	Heather	Activity
Tuesday	5:00-5:30pm	Rebecca H	Activity
Wednesday	11:00-11:30am	Heather	Activity
Wednesday	5:30-6:00pm	Heather	Activity
Wednesday	6:30-7:00pm	Heather	Activity
Thursday	10:30-11:00am	Christina	Activity
Thursday	5:30-6:00pm	Rachel	Activity
Friday	9:30-10:00am	Christina	Activity
Saturday	11:00-11:30am	Becca	Activity

Fantastic 5

Age 5 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	10:00-10:30am	Tami	Activity
Monday	4:30-5:00pm	Rachel	Activity
Tuesday	10:30-11:00am	Rachel	Activity
Tuesday	3:30-4:00pm	Rebecca H	Activity
Wednesday	9:00-9:30am	Rebecca H	Activity
Wednesday	4:30-5:00pm	Christina	Activity
Wednesday	6:00-6:30pm	Christina	Activity
Thursday	9:30-10:00am	Heather	Activity
Thursday	6:00-6:30pm	Rachel	Activity
Friday	10:00-10:30pm	Christina	Activity
Saturday	11:30-12:00pm	Tami	Activity

Intro to Swim

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Friday	10:30-11:00am	Christina	Activity
Saturday	9:30-10:00am	Tami	Activity

Session 3

Aquatics



Level 1

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	10:30-11:00am	Tami	Activity
Monday	5:00-5:30pm	Rachel	Activity
Tuesday	9:30-10:00am	Rachel	Activity
Tuesday	5:30-6:00pm	Rebecca H	Activity
Wednesday	9:30-10:00am	Rebecca H	Activity
Wednesday	4:00-4:30pm	Christina	Activity
Wednesday	5:30-6:00pm	Christina	Activity
Thursday	9:00-9:30am	Christina	Activity
Thursday	6:00-6:30pm	Rose	Activity
Friday	11:00-11:30am	Christina	Activity
Saturday	10:00-10:30am	Tami	Activity

Level 2

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	11:00-11:30am	Tami	Activity
Monday	5:30-6:00pm	Rachel	Activity
Tuesday	11:00-11:30am	Heather	Activity
Tuesday	6:00-6:30pm	Rebecca H	Activity
Wednesday	10:00-10:30am	Rebecca H	Activity
Wednesday	5:00-5:30 pm	Christina	Activity
Thursday	9:30-10:00am	Christina	Activity
Thursday	6:30-7:00pm	Rachel	Activity
Friday	9:00-9:30am	Ali	Activity
Saturday	10:30-11:00am	Tami	Activity

Level 3

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	4:30-5:00pm	Sarah	Rec
Tuesday	9:00-9:30am	Christina	Rec
Tuesday	10:30-11:00am	Christina	Rec
Tuesday	6:00-6:30pm	Sarah	Rec
Wednesday	9:00-9:30am	Christina	Rec
Wednesday	10:30-11:00am	Christina	Rec
Wednesday	4:30-5:00pm	Sarah	Rec
Wednesday	5:30-6:00pm	Karen	Rec
Thursday	6:00-6:30pm	Sarah	Rec
Thursday	6:30-7:00pm	Rose	Activity
Friday	9:30-10:00pm	Ali	Activity
Saturday	10:00-10:30am	Hunter	Rec
Saturday	10:30-11:00am	Silvia	Rec
Saturday	11:00-11:30am	Hunter	Rec

Level 4

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Monday	5:00-5:30pm	Sarah	Rec
Tuesday	10:00-10:30pm	Christina	Rec
Wednesday	10:00-10:30am	Christina	Rec
Wednesday	4:00-4:30pm	Karen	Rec
Wednesday	5:00-5:30pm	Sarah	Rec
Thursday	4:30-5:00pm	Sarah	Rec
Friday	10:00-10:30am	Ali	Rec
Friday	4:00-4:30pm	Rose	Rec
Friday	5:00-5:30pm	Rose	Rec
Saturday	9:00-9:30am	Hunter	Rec
Saturday	11:00-11:30am	Silvia	Rec

Level 5

Ages 6-12 years | Cost \$75.00

Day	Time	Instructor	Pool
Tuesday	9:30-10:00am	Christina	Rec
Tuesday	4:30-5:00pm	Sarah	Rec
Wednesday	9:30-10:00am	Christina	Rec
Wednesday	6:30-7:00pm	Karen	Rec
Friday	10:30-11:00am	Ali	Activity
Friday	4:30-5:00pm	Rose	Rec
Friday	6:00-6:30pm	Rose	Rec
Saturday	9:30-10:00am	Hunter	Rec
Saturday	11:30-12:00pm	Silvia	Rec



Session 3

Aquatics



Swim Team Prep

Ages 6-11 years | Cost \$85.00

Day	Time	Instructor	Pool
Saturday	9:00-10:00am	Silvia	Rec

Teen Beginner

Ages 11-17 years | Cost \$75.00

Day	Time	Instructor	Pool
Wednesday	6:30-7:00pm	Christina	Activity

Teen Intermediate

Ages 11-17 years | Cost \$75.00

Day	Time	Instructor	Pool
Wednesday	4:30-5:00pm	Karen	Rec

Adult Intro to Swim

Age 18+ | Cost \$75.00

Day	Time	Instructor	Pool
Monday	6:30-7:00pm	Rachel	Activity
Tuesday	6:30-7:00pm	Rebecca H	Activity
Wednesday	6:30-7:00pm	Rose	Activity
Friday	11:00-11:30am	Ali	Activity
Saturday	11:30-12:00pm	Becca	Activity

Adult Advanced Beginner

Age 18+ | Cost \$75.00

Day	Time	Instructor	Pool
Tuesday	11:00-11:30am	Christina	Rec
Wednesday	5:00-5:30pm	Karen	Rec
Thursday	11:00-11:30am	Christina	Activity
Friday	5:30-6:00pm	Rose	Rec
Saturday	10:00-10:30am	Silvia	Rec

Adult Intermediate

Age 18+ | Cost \$75.00

Day	Time	Instructor	Pool
Wednesday	11:00-11:30am	Christina	Rec
Wednesday	6:00-6:30am	Karen	Rec
Friday	6:30-7:00pm	Rose	Rec
Saturday	11:30-12:00pm	Hunter	Rec

Adult Women Only

Age 18+ | Cost \$75.00

Day	Time	Instructor	Pool
Tuesday	6:30-7:00pm	Rachel	Activity
Thursday	9:00-9:30am	Rachel	Activity

Rec League

Ages 6-17 years | Cost \$90.00

Day	Time	Instructor	Pool
Mon & Wed	4:00-5:00pm	Tonya	Rec
Mon & Wed	5:30-6:30pm	Sarah/Sadie	Rec
Tue & Thu	5:00-6:00pm	Sarah/Ali	Rec
Mon & Fri	8:30-9:30am	Marie	Rec

Adult Men Only

Age 18+ | Cost \$75.00

Day	Time	Instructor	Pool
Saturday	10:30-11:00am	Hunter	Rec

Masters Swim Month-by-Month

Age 18+ | Cost \$35.00

Day	Time	Instructor	Pool
Mon & Wed	11:30-12:00pm	James	Rec
Tue & Thu	5:30-6:30am	Morgan	Rec



Session 3

Aquatics



Block 1 | June 2-12 | Cost \$75.00

Classes are Monday through Thursday for 2-weeks

Classes	Time	Instructor	Pool
Beginner 3	9:00-9:30am	Rose	Activity
Advanced 3	9:00-9:30am	Jo	Activity
Preschool 1	9:00-9:30am	Sadie	Activity
Preschool 1	9:30-10:00am	Rose	Activity
Preschool 1	4:00-4:30pm	Becca	Activity
Preschool 2	9:30-10:00am	Jo	Activity
Preschool 2	10:30-11:00am	Sadie	Activity
Preschool 2	4:30-5:00pm	Becca	Activity
Preschool 3	10:00-10:30am	Rose	Activity
Preschool 3	11:00-11:30am	Sadie	Activity
Preschool 3	5:00-5:30pm	Becca	Activity
Fantastic 5	10:00-10:30am	Jo	Activity
Fantastic 5	5:30-6:00pm	Becca	Activity
Intro to Swim	9:30-10:00am	Sadie	Activity
Level 1	10:00-10:30am	Sadie	Activity
Level 1	10:30-11:00am	Rose	Activity
Level 1	6:00-6:30am	Becca	Activity
Level 2	10:30-11:00am	Jo	Activity
Level 2	11:00-11:30am	Jo	Activity
Level 2	6:30-7:00pm	Becca	Rec
Level 3	9:00-9:30am	Karen	Rec
Level 3	10:30-11:00am	Karen	Rec
Level 3	4:00-4:30pm	Sadie	Rec
Level 3	6:30-7:00pm	Sadie	Rec
Level 4	10:00-10:30am	Karen	Rec
Level 4	4:30-5:00pm	Sadie	Rec
Level 5	10:30-11:00am	Karen	Rec
Level 5	5:00-5:30pm	Sadie	Rec
Adult Intro to Swim	11:00-11:30am	Rose	Activity
Adult Advanced Beginner	11:00-11:30am	Jo	Activity
Adult Intermediate	11:00-11:30am	Karen	Rec

Block 2 | June 16-26 | Cost \$75.00

Classes are Monday through Thursday for 2-weeks

Classes	Time	Instructor	Pool
Beginner 3	9:00-9:30am	Rose	Activity
Advanced 3	9:00-9:30am	Stephanie	Activity
Preschool 1	9:00-9:30am	Sadie	Activity
Preschool 1	9:30-10:00am	Rose	Activity
Preschool 1	5:30-6:00pm	Becca	Activity
Preschool 2	9:30-10:00pm	Stephanie	Activity
Preschool 2	10:30-11:00am	Stephanie	Activity
Preschool 2	4:00-4:30pm	Becca	Activity
Preschool 3	10:00-10:30am	Rose	Activity
Preschool 3	11:00-11:30am	Stephanie	Activity
Preschool 3	4:30-5:00pm	Becca	Activity
Fantastic 5	10:00-10:30am	Stephanie	Activity
Fantastic 5	5:00-5:30pm	Becca	Activity
Intro to Swim	9:30-10:00am	Sadie	Activity
Level 1	10:00-10:30am	Sadie	Activity
Level 1	10:30-11:00am	Rose	Activity
Level 1	11:00-11:30am	Sadie	Activity
Level 1	6:00-6:30pm	Becca	Activity
Level 2	10:30-11:00am	Sadie	Activity
Level 2	11:00-11:30am	Rose	Activity
Level 2	6:30-7:00pm	Becca	Activity
Level 3	9:00-9:30am	Karen	Rec
Level 3	5:00-5:30pm	Sadie	Rec
Level 4	9:30-10:00am	Karen	Rec
Level 4	10:30-11:00am	Karen	Rec
Level 4	4:00-4:30pm	Sadie	Rec
Level 5	10:00-10:30am	Karen	Rec
Level 5	4:30-5:00pm	Sadie	Rec



Session 3

Aquatics



Block 3 | July 7-17 | Cost \$75.00

Classes are Monday through Thursday for 2-weeks

Classes	Time	Instructor	Pool
Beginner 3	9:00-9:30am	Rose	Activity
Advanced 3	9:00-9:30am	Jo	Activity
Preschool 1	9:00-9:30am	Sadie	Activity
Preschool 1	9:30-10:00am	Rose	Activity
Preschool 1	5:00-5:30pm	Becca	Activity
Preschool 2	9:30-10:00am	Jo	Activity
Preschool 2	10:30-11:00am	Sadie	Activity
Preschool 2	5:30-6:00pm	Becca	Activity
Preschool 3	10:00-10:30am	Rose	Activity
Preschool 3	11:00-11:30am	Sadie	Activity
Preschool 3	4:00-4:30pm	Becca	Activity
Fantastic 5	10:00-10:30am	Jo	Activity
Fantastic 5	4:30-5:00pm	Becca	Activity
Intro to Swim	9:30-10:00am	Sadie	Activity
Level 1	10:00-10:30am	Sadie	Activity
Level 1	10:30-11:00am	Rose	Activity
Level 1	6:00-6:30pm	Becca	Activity
Level 2	11:00-11:30am	Jo	Activity
Level 2	10:30-11:00am	Jo	Activity
Level 2	6:30-7:00pm	Becca	Activity
Level 3	9:00-9:30am	Karen	Rec
Level 3	10:30-11:00am	Karen	Rec
Level 3	4:00-4:30pm	Sadie	Rec
Level 3	6:00-6:30pm	Ali	Rec
Level 3	6:30-7:00pm	Sadie	Rec
Level 4	9:30-10:00am	Karen	Rec
Level 4	4:00-4:30pm	Ali	Rec
Level 4	4:30-5:00pm	Sadie	Rec
Level 4	6:30-7:00pm	Ali	Rec
Level 5	10:00-10:30am	Karen	Rec
Level 5	4:30-5:00pm	Ali	Rec
Level 5	5:00-5:30pm	Sadie	Rec
Adult Intro to Swim	11:00-11:30am	Rose	Activity

Block 4 | July 21-31 | Cost \$75.00

Classes are Monday through Thursday for 2-weeks

Classes	Time	Instructor	Pool
Beginner 3	9:00-9:30am	Rose	Activity
Advanced 3	9:00-9:30am	Jo	Activity
Preschool 1	9:30-10:00am	Rose	Activity
Preschool 1	4:30-5:00pm	Becca	Activity
Preschool 2	9:30-10:00am	Jo	Activity
Preschool 2	5:00-5:30pm	Becca	Activity
Preschool 3	10:00-10:30am	Rose	Activity
Preschool 3	5:30-6:00pm	Becca	Activity
Fantastic 5	10:00-10:30am	Jo	Activity
Fantastic 5	4:00-4:30pm	Becca	Activity
Level 1	10:30-11:00am	Rose	Activity
Level 1	11:00-11:30am	Jo	Activity
Level 1	6:00-6:30am	Becca	Activity
Level 2	10:30-11:00am	Jo	Activity
Level 2	11:00-11:30am	Rose	Activity
Level 2	6:30-7:00pm	Becca	Activity
Level 3	9:00-9:30am	Karen	Rec
Level 3	6:00-6:30pm	Ali	Rec
Level 4	9:30-10:00am	Karen	Rec
Level 4	10:30-11:00am	Karen	Rec
Level 4	4:00-4:30pm	Ali	Rec
Level 4	6:30-7:00pm	Ali	Rec
Level 5	10:00-10:30am	Karen	Rec
Level 5	4:30-5:00pm	Ali	Rec



Session 3

Fitness



At Walon Family Whole Health & Fitness we provide everything you need to support your fitness journey, whether you're just beginning or are a seasoned gym enthusiast!

Group Fitness Classes

Our classes are designed to provide participants with a fun, motivating, and well-rounded fitness experience. Whether you're looking to center yourself in a Mind Body class like Sound Bath or Breath & Stress Reset, or sweat it out with a high-intensity workout such as FIT ZONE or LiFT, we have a class for you! Register for classes in your online account under "Classes". For any questions regarding Group Fitness classes, reach out to Zac at Zach.Lewis@walmart.com!



Group Training Program – GTP

Get personalized attention with only 5-8 members per session, ensuring you receive the coaching you need to push your limits, and see real progress! For just \$160 per 4 week block, you get 8 sessions – only \$20 per session! No long-term commitments, just month-to-month flexibility! Experience expert coaching, a variety of workouts, & a supportive community that keeps you motivated. Sign up in your online account under "Programs". Questions? Reach out to Ryan at ryan.carlson0@walmart.com!

FITNESS

Adult Taekwondo Classes

Age 13+ Years | Cost \$120.00

Class	Day	Time
Adult Beginner	Tuesday & Thursdays	7:15-8:00pm
Black Belt	Tuesday & Thursdays	8:15-9:00pm



Session 3

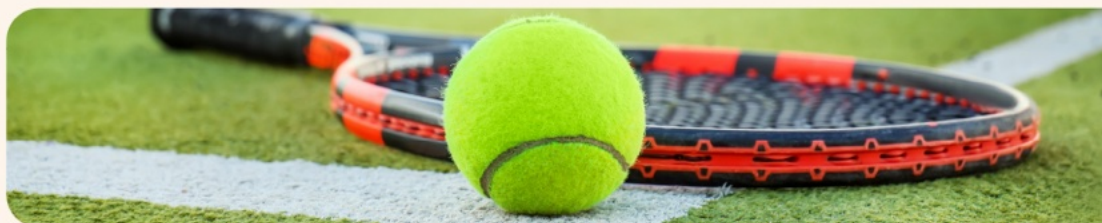
Recreation



Registration Opens
Monday, May 19th
7:00am

Registration Runs
May 19th – June 8th

Session 3 Dates
June 2nd – August 3rd



Court Reservations

Reserve our bookable court spaces in our member management system, Club Automation. Within your online account, you can book courts, manage your membership, register for classes and experiences, and take advantage of all we have to offer! If it's your first time logging in, just click on "Access My Account" to set up your user ID and password! Access your account or login at walmart.clubautomation.com.

Court Booking Policies

- Host must check in at the designated reception desk upon arrival for reservations.
- Bookings will be CANCELLED if host has not checked in 15 minutes into reservation.
- Reservations can be cancelled 24 hours or more in advance for a full refund of the court fee, but must be cancelled prior to one hour of the reservation start time to avoid "No Show" status.
- Bookings can be made up to one week in advance starting at 7:00am the previous week.
- Bookings can only be made by members 18 years or older.
- Members can have a max of 4 pending bookings per membership.
- Indoor tennis and pickleball courts cost \$10 per hour.
- Outdoor tennis, outdoor pickleball, squash, racquetball, and wallyball courts are free of charge.
- Tennis ball machine can be booked for an \$8 rental fee (plus the cost of the court) and it can be booked for 30 minutes or one hour.
- Volleyball and badminton courts cost \$5 per hour during prime time and prime time is defined as: Monday-Friday 6:00-10:00pm and Saturday-Sunday all day. All other times, volleyball and badminton court reservations are free of charge.



Questions?

Please reach out to our Recreation Director
David Smith at David.Smith8@walmart.com.



Youth Sports

Youth Tennis-Ankle Biters
 Ages 4-5 Years | Cost \$40.00

Day	Time
Monday	4:00-4:30pm
Monday	5:00-5:30pm
Tuesday	4:00-4:30pm
Wednesday	4:00-4:30pm
Thursday	4:00-4:30pm
Thursday	5:00-5:30pm
Saturday	9:00-9:30am
Saturday	12:00-12:30pm
Saturday	2:00-2:30pm

Youth Tennis-Future Champs
 Ages 8-9 Years | Cost \$50.00

Day	Time
Monday	4:15-4:55pm
Monday	5:05-5:45pm
Tuesday	5:05-5:45pm
Wednesday	5:05-5:45pm
Thursday	4:15-4:55pm
Thursday	5:05-5:45pm
Saturday	10:05-10:45am
Saturday	1:05-1:45pm

Youth Tennis-Tomorrow's Stars
 Ages 6-7 Years | Cost \$40.00

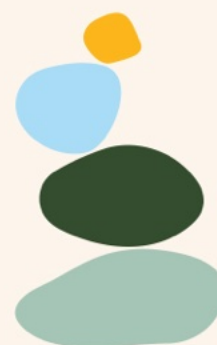
Day	Time
Monday	4:30-5:00pm
Monday	5:30-6:00pm
Tuesday	4:30-5:00pm
Wednesday	4:30-5:00pm
Thursday	4:30-5:00pm
Thursday	5:30-6:00pm
Saturday	9:30-10:00am
Saturday	12:30-1:00pm
Saturday	2:30-3:00pm

Youth Tennis-Novice-Green Dot
 Ages 10+ Years | Cost \$62.00

Day	Time
Wednesday	5:00-5:55pm
Thursday	5:00-5:55pm
Saturday	9:00-9:55am

Youth Tennis-Intermediate-Yellow Ball
 Ages 10+ Years | Cost \$62.00

Day	Time
Tuesday	5:00-5:55pm
Wednesday	5:00-5:55pm
Thursday	5:00-5:55pm
Saturday	10:00-10:55am



Session 3

Recreation



Youth Sports

Youth Basketball Organized Play (Ages 11-14)
FREE on Wednesdays from 5:00-6:30 p.m



Youth Basketball

Day	Time	Age	Price
Wednesday	4:00-5:00pm	11-14	\$62.00
Thursday	4:00-4:30pm	5-6	\$40.00
Thursday	4:35-5:15pm	7-8	\$50.00
Thursday	5:20-6:00pm	9-10	\$50.00



Youth Pickleball

Day	Time	Age	Price
Monday	5:00-5:55pm	10+	\$62.00
Tuesday	5:05-5:45pm	6-9	\$50.00
Sunday	12:15-12:55pm	6-9	\$50.00
Sunday	1:00-1:55pm	10+	\$62.00

Youth Volleyball

Day	Time	Age	Price
Tuesday	4:00-4:55pm	8-11	\$62.00
Tuesday	5:00-5:55pm	12-15	\$62.00
Thursday	4:00-4:55pm	8-11	\$62.00
Thursday	5:00-5:55pm	12-15	\$62.00

Youth Color Guard

Day	Time	Age	Price
Wednesday	4:00-4:55pm	8-10	\$62.00
Wednesday	5:00-5:55pm	11-13	\$62.00

Youth Squash

Day	Time	Age	Price
Saturday	9:00-9:55am	10-15	\$62.00

Adult Sports

Adult Cardio Tennis Age 16+ Years | Cost \$62.00

Class	Day	Time
Cardio Tennis 3.0	Monday	9:00-9:55am
Cardio Tennis 3.0	Monday	11:00-11:55am
Cardio Tennis 3.0	Monday	7:00-7:55pm
Early Bird Cardio	Tuesday	6:00-6:55am
Cardio Tennis	Tuesday	11:00-11:55am
Cardio Tennis 3.0	Tuesday	6:00-6:55pm
Cardio Tennis 3.5/4.0	Wednesday	11:00-11:55am
Cardio Tennis (1-time)	Wednesday	12:00-12:55pm
Early Bird Cardio	Thursday	6:00-6:55am
Cardio Tennis 3.0	Thursday	10:00-10:55am
Cardio Intro	Thursday	12:00-12:55pm
Cardio Tennis 3.0+	Saturday	11:00-11:55am

Adult Volleyball

Ages 18+ Years | Cost \$62.00

Day	Time
Tuesday	6:00-7:00pm

Adult Squash

Ages 18+ Years | Cost \$62.00

Day	Time
Saturday	10:00 -10:55am



Adult Sports

Adult Tennis | Age 16+ Years

Class	Day	Time	Cost
Tennis Intro 2.0	Monday	10:00-10:55am	\$62.00
Tennis 3.5	Monday	12:00-12:55pm	\$62.00
Tennis 4.0	Monday	6:00-6:55pm	\$62.00
Hit with a Pro	Tuesday	7:00-8:25am	\$90.00
Tennis Intro	Tuesday	9:00-9:55am	\$62.00
Tennis 3.0	Tuesday	10:00-10:55am	\$62.00
Tennis 4.0	Tuesday	10:00-10:55am	\$62.00
Tennis Intro	Tuesday	6:00-6:55pm	\$62.00
Tennis Intro	Tuesday	7:00-7:55pm	\$62.00
Tennis 3.5	Wednesday	9:00-9:55am	\$62.00
Tennis 2.5	Wednesday	10:00-10:55am	\$62.00
Tennis 3.5	Wednesday	6:00-6:55pm	\$62.00
Tennis Intro	Wednesday	7:00-7:55pm	\$62.00
Hit with a Pro	Thursday	7:00-8:25am	\$90.00
Tennis 4.0	Thursday	8:30-9:55pm	\$90.00
Tennis 3.0	Thursday	9:00-9:55am	\$62.00
Tennis 3.5/4.0	Thursday	11:00-11:55am	\$62.00
Tennis 2.0/2.5	Thursday	6:00-6:55pm	\$62.00
Tennis 3.0	Thursday	7:00-7:55pm	\$62.00
Tennis Intro	Friday	11:00-11:55am	\$62.00

Adult Pickleball | Age 16+ Years

Class	Day	Time	Cost
Intro to Pickleball	Monday	9:00-9:55am	\$62.00
Advanced Pickleball (Instructor Approval)	Monday	10:00-10:55am	\$62.00
Pickleball Intermediate	Monday	11:00-11:55am	\$62.00
Intro to Pickleball	Monday	6:00-6:55pm	\$62.00
Pickleball Intermediate	Monday	6:00-6:55pm	\$62.00
Recreational Pickleball League	Tuesday	9:00-10:55am	\$50.00
Pickleball Intermediate	Tuesday	12:00-12:55pm	\$62.00
Intermediate Pickleball League	Tuesday	6:00-7:55pm	\$50.00
Intermediate Pickleball League	Wednesday	9:00-10:55am	\$50.00
Cardio Pickleball	Wednesday	6:00-6:55pm	\$62.00
Cardio Pickleball	Wednesday	7:00-7:55pm	\$62.00
Intermediate Pickleball Skills & Drills	Thursday	10:00-10:55am	\$62.00
Intro to Pickleball	Thursday	11:00-11:55am	\$62.00
Intro to Pickleball	Thursday	6:00-6:55pm	\$62.00
Pickleball Intermediate	Thursday	6:00-6:55pm	\$62.00
Pickleball Hit with a Pro 3.5+	Friday	9:00-10:00am	\$62.00
Pickleball Skills & Drills 2.5+	Friday	10:00-11:00am	\$62.00
Intro to Pickleball 16+	Sunday	2:00-2:55pm	\$62.00

Session 3

Whole Health



You Belong Here!

We recognize the unique needs of associates and their families, and we aim to offer experiences around all areas of life and work, creating an inclusive place where everyone has access to Whole Health programming. We are so glad you are here. And we can't wait for you to learn more!

Taking Charge Series

Take charge of your life and health through a complimentary group experience, where you'll create lasting behavior change, gain self-awareness, and explore what truly matters to you. This evergreen program can be joined at anytime!

Taking Charge is a group facilitated experience designed to:

- Explore your Purpose & Values
- Develop a Growth Mindset
- Take Meaningful Action
- Build a Community of Support

How to Take Charge of Your Journey

- Complete Intro to Whole Health
- Complete at least 2 My Purpose sessions
- Complete at least 6 sessions from Areas of Self-Care

Once you've completed at least 9 sessions of Taking Charge, reach out to your Whole Health team in Rest & Recharge to redeem a prize!

Register for a Taking Charge session or another Whole Health experience by logging into your online account at walmart.clubautomation.com!

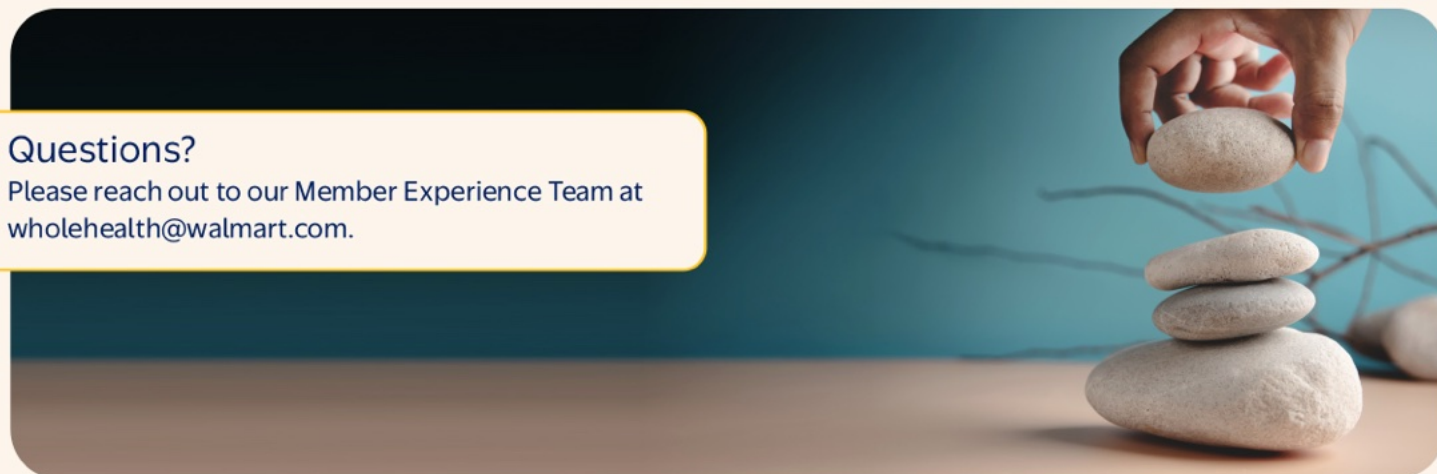
Taking Charge

Ages 18+ years | Free Classes

Classes	Day	Time
Intro to Whole Health	Wednesday	5:30-6:30pm
Moving My Body	Thursday	11:30-12:30pm
Intro to Whole Health	Wednesday	5:30-6:30pm
My Food & Drink	Thursday	11:30-12:30pm
My Purpose - Gifts	Monday	11:30-12:30pm
Intro to Whole Health	Wednesday	5:30-6:30pm
My Rest & Recharge	Thursday	11:30-12:30pm
My Purpose - Values	Monday	11:30-12:30pm
Intro to Whole Health	Wednesday	5:30-6:30pm
My Money	Thursday	11:30-12:30pm
My Purpose - Why	Monday	11:30-12:30pm
Intro to Whole Health	Wednesday	5:30-6:30pm
My Relationships	Thursday	11:30-12:30pm
My Purpose - My Story	Monday	11:30-12:30pm
Intro to Whole Health	Wednesday	5:30-6:30pm
My Surroundings	Thursday	11:30-12:30pm
My Purpose - Choices	Monday	11:30-12:30pm
Intro to Whole Health	Wednesday	5:30-6:30pm
My Career	Thursday	11:30-12:30pm
My Purpose - Passions	Monday	11:30-12:30pm
Intro to Whole Health	Wednesday	5:30-6:30pm
Power of My Mind	Thursday	11:30-12:30pm
My Purpose - Gifts	Monday	11:30-12:30pm
Intro to Whole Health	Wednesday	5:30-6:30pm
My Care Team	Thursday	11:30-12:30pm
My Purpose - Values	Monday	11:30-12:30pm
Intro to Whole Health	Wednesday	5:30-6:30pm
My Community	Thursday	11:30-12:30pm

Questions?

Please reach out to our Member Experience Team at wholehealth@walmart.com.



Session 3

Whole Health



What is Whole Health?

Whole Health is an approach to health and well-being that centers around you and what is important to you. You are put in control of your well-being, with focuses on self-care, skill building, and support. You don't have to wait until something is wrong to improve your well-being! Whole Health encourages you to set goals based on what is important to you, and work towards these goals with your health team, community resources, or Whole Health experiences.

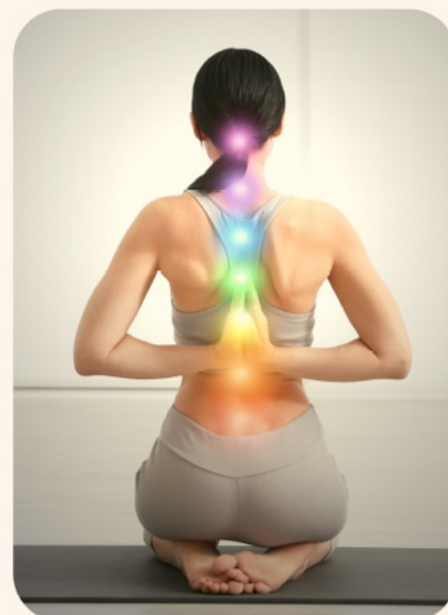
Tapping Through the Chakras

Cost \$40.00

Days	Time	Age
Mondays - 6.2.25, 6.9.25, 6.16.25, 6.23.25	11:15-11:45pm	13+
Thursdays - 6.5.25, 6.12.25, 6.19.25, 6.26.25	11:15-11:45pm	13+

It's All About You: Take Charge with Whole Health

Join Bex for a powerful 4-week journey through the physical and energetic body. You can expect to connect to your physical body and breath in subtle preparation to enter your energetic body, specifically focused on the 7 traditional chakras (root to crown). You will be guided through a process using EFT (Emotional Freedom Technique), better known as tapping. EFT combines Chinese Medicine and modern psychology rewiring old patterns and beliefs.



Nutrition 101

Cost \$40.00

Days	Time	Age
Mondays - 6.2.25, 9.9.25, 6.16.25, 6.23.25, 6.30.25	11:30-12:15pm	13+

Eat Well, Live Well: Build Healthy Habits with Nutrition Coach Christy Milligan

Discover the essentials of good nutrition and how food fuels your body and mind with Christy Milligan, Board Certified Health & Wellness Coach. In this introductory class, you'll learn how to read nutrition labels, understand macronutrients and micronutrients, debunk common diet myths, and build balanced meals. Whether you're looking to improve your eating habits, support a fitness goal, or just get back to the basics, this class will empower you with the knowledge and tools to make healthier, more informed food choices. Topics Include: Reading and understanding food labels, Sugar, Popular diets and nutrition myths, portion sizes.

Session 3

Nutrition Kitchen



Family Fun Starts in the Kitchen!

Welcome to our Nutrition Kitchen Experiences, where food meets fun! In our *Signature Classes*, you'll get to explore a world of flavors while picking up new cooking skills and delicious, healthy recipes.

Our *Family Classes* are the perfect opportunity for an adult and child at least 5 years old to team up, cook together, and enjoy a tasty journey of learning. From kneading dough to mixing wholesome ingredients, it's all about learning simple skills in the kitchen. Plus, it's a chance to eat well while creating lasting memories.

Looking to indulge? *Pairing Classes* allow guests 21+ to sit back, relax, and let our chef guide you through a multi-course culinary journey, expertly paired with beverages to elevate every dish. It's the perfect opportunity to unwind, savor incredible flavors, and enjoy great company.

In the Nutrition Kitchen, every class is more than just cooking—it's a chance to focus on all aspects of your well-being. These classes are designed to empower you to take charge of your personal wellness, all while having a blast in the kitchen! Whether you're cooking solo or with loved ones, we want you to feel nourished, energized, and empowered to thrive.



NUTRITION KITCHEN

Signature Classes

Ages 5+ | Cost \$35.00

Day	Time
Thursdays	5:00-6:00pm

Family Classes

Ages 5+ | Cost \$12.50

Day	Time
Saturdays	10:00-11:00am
Saturdays	1:00-2:00pm

Signature Pairing Classes

Ages 21+ | Cost \$45.00

Day	Time
Last Wednesday	5:00-6:00pm
Last Thursday	5:00-6:00pm



Session 3

Rest & Recharge

Hours

Monday - Friday
6:30am - 8:00pm

Saturday

8:00am - 5:00pm

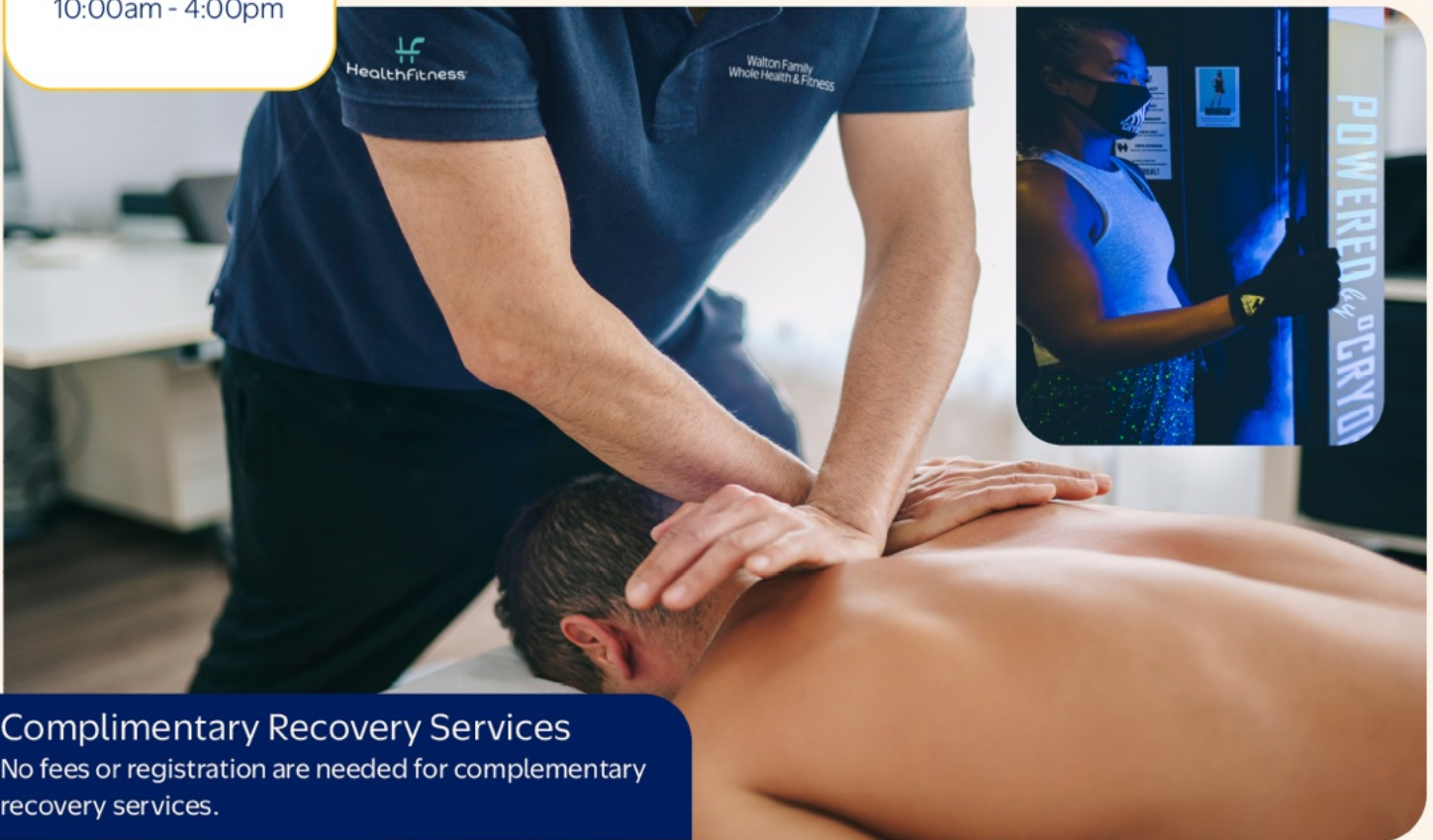
Sunday

10:00am - 4:00pm

Rest & Recharge at Walton Family Whole Health & Fitness

Discover a sanctuary of renewal in our Rest & Recharge space—designed to support your Whole Health journey. Whether you need a moment of mindfulness, stress relief, or physical recovery, this calming environment offers the perfect setting to restore balance and vitality.

Explore a range of holistic recovery services that help nurture your body, mind, and spirit. Premium Recovery Services are available by appointment and include an additional fee.



Complimentary Recovery Services

No fees or registration are needed for complimentary recovery services.

HydroMassage Lounge

Hydromassage uses jets of warm, pressurized water to target areas of the body. The water pressure is the “hydro” part of the Hydromassage. However, the water is contained inside the bed itself. You can control which areas of your body you’d like to target with a touch-screen interface.

CryoLounge+

An advanced recovery chair that offers targeted warm and cold therapy to ease soreness, stress and recovery. Ideal post-workout or anytime a recharge is needed.

Normatec Compression Boots, Hips & Sleeves

A compression therapy device used to improve circulation, reduce muscle soreness, inflammation and aid recovery.

Celluma™PRO

LED large panel light therapy by Celluma that aids in the treatment of wrinkles, arthritic pain, circulation, muscle and joint pain.

Rest & Recharge: Support Your Whole Health Journey

Step into the Rest & Recharge space at Walton Family Whole Health Fitness—a peaceful sanctuary designed to renew your energy and support your body’s natural recovery process. Surrounded by a calming atmosphere and a thoughtful selection of integrative recovery services, you’ll find the perfect space to pause, restore, and reconnect.

Massage Therapy for Whole-Person Wellness

Massage therapy supports whole-body wellness by easing muscle tension, relieving pain, improving mobility, and enhancing recovery. From stress reduction to injury rehabilitation, it’s a powerful tool for restoring balance. With a variety of techniques available, you can choose the approach that best supports your needs—helping you recover faster and feel more at ease in both body and mind. Massage services are offered at an additional cost and require an appointment. Session and package pricing is on the following page.

Swedish Massage

A traditional European-style massage used to promote relaxation, reduce symptoms of general anxiety, relieve muscle tension and increase circulation. Pressure can vary from very gentle to very deep and combines light to firm strokes along the body.

Deep Tissue Massage

Using medium to deep pressure, this massage aims to release tension by targeting knots and adhesions in the deeper tissues of the muscles. It can help improve circulation, provide relief from chronic pain, increase joint flexibility and range motion.

Sports Massage

A form of massage geared toward individuals in athletics. Sports massage may increase flexibility, enhance performance, help prevent injuries and aid in recovery from workouts.

Prenatal Massage

A massage that helps to reduce anxiety, decrease symptoms of depression, relieve muscle aches, joint pain and improve labor. Our licensed professionals tailor this massage to address tight spots that may be exacerbated by pregnancy.

Hot Stone Massage

An ancient form of healing using stones made of basalt. The heat relaxes the muscle, allowing therapists to work the muscles without using deep tissue pressure.

Reiki

A Japanese form of healing coming from the word “rei” meaning universal, and “ki” meaning life energy. Reiki practitioners use a technique called palm healing, or hands on healing with the goal of directing energy to help the person’s own healing response.

Assisted Stretching

A tailored service with everyone’s goals in mind, using specialty equipment and manual assistance to help you reach deeper, more effective stretches may aid in speeding up the body’s natural healing process. Increase flexibility, decrease risk of injury, reduce soreness and encourage relaxation.

Cryochamber

Harness the benefits of extreme cold exposure to support fitness recovery. This treatment involves exposing the body to cold temperatures for short periods to promote various health benefits including recovery from workouts, muscle relief, mental wellness and enhanced athletic performance.

Up to 3-Minute Exposure Each Session

Session	Package Price	Price/Session
1 Session	\$25.00	\$25.00
5 Sessions	\$100.00	\$20.00
10 Sessions	\$150.00	\$15.00
20 Sessions	\$200.00	\$10.00

1 Session Limit Per Day

*Participants should have a Physician’s clearance for use of the Cryochamber if they have the following conditions: pregnancy, spinal stimulator implant, Raynaud’s, tumor disease, severe anemia, claustrophobia, any current flare up of a chronic condition or acute illness.

Session 3

Rest & Recharge

Find Your Balance with the Right Massage

Massage therapy offers a variety of approaches to support your body, mind, and spirit—discover the one that aligns with your needs to promote recovery, ease tension, and restore balance. Choose the right session and package to meet your unique goals and support your overall well-being.

Reiki & Assisted Stretching Pricing

30 Minute Session

Session	Package Price	Price/Session
1 Session	\$39.00	\$39.00
5 Sessions	\$187.00	\$37.00
10 Sessions	\$345.00	\$34.50
20 Sessions	\$662.00	\$33.10

60 Minute Session

Session	Package Price	Price/Session
1 Session	\$39.00	\$39.00
5 Sessions	\$187.00	\$37.00
10 Sessions	\$345.00	\$34.50
20 Sessions	\$662.00	\$33.10

20 Minute Chair Massage

Session	Package Price	Price/Session
1 Session	\$35.00	\$35.00
5 Sessions	\$170.00	\$34.00
10 Sessions	\$320.00	\$32.00
20 Sessions	\$605.00	\$30.00

30 Minute Session

Session	Package Price	Price/Session
1 Session	\$45.00	\$45.00
5 Sessions	\$215.00	\$43.00
10 Sessions	\$410.00	\$41.00

60 Minute Session

Session	Package Price	Price/Session
1 Session	\$80.00	\$80.00
5 Sessions	\$380.00	\$76.00
10 Sessions	\$725.00	\$72.50
20 Sessions	\$1,375.00	\$68.00

90 Minute Session

Session	Package Price	Price/Session
1 Session	\$115.00	\$115.00
5 Sessions	\$545.00	\$109.00
10 Sessions	\$1,035.00	\$104.00
20 Sessions	\$1,965.00	\$98.00



Session 3

Youth experiences



Registration Opens
Monday, May 19th
at 7:00am

Registration Runs
May 19th – June 8th

Session 3 Dates
June 2nd - August 3rd

At Whole Health & Fitness-*Whole Health really is for all*

And that includes the kids! With a curated space made for the littles, and programming that encourages mindful movement and community, you'll find there's a Whole Health routine for the entire family to enjoy.

Youth Facility Rules

We love having the kiddos in and enjoying our space! Please note that youth 12 and under must be always accompanied by an adult while in the building, unless they are checked into the Youth Activity Center or are taking part in a program or class. Teens 13-15 can take a Teen Weight Room Intro to be able to utilize the cardio and weight room floor; stop by the Fitness Desk for more info or to book a Teen Weight Room Intro!

FITNESS



Youth Group Fitness Classes

Looking for fun and active ways to keep your kids engaged, but need some flexibility? Check out our drop-in style youth fitness classes, perfect for ages 7-9 and 10-13. Only \$5 per drop-in, all in YAC Studio 2. Register up to a week in advance by logging into your online account at walmart.clubautomation.com or in the Whole Health & Fitness app under "Classes". Look at the current monthly schedule on the Youth page of our website! Questions? Reach out to Austin Pinkerton at austin.pinkerton@walmart.com.

Questions?

Please reach out to our Youth Programs Director Karyn Walker, at Karyn.walker@walmart.com.





Youth dance



Class	Day	Time	Age	Studio	Price
Tumble Tots	Monday	9:00am-9:30am	1-2	Studio 3	\$64.00
Intro to Acro	Monday	9:30am-10:15am	3-5	Studio 3	\$80.00
Acro 1	Monday	10:15am-11:00am	5-12	Studio 3	\$80.00
Ballet & Tap	Monday	11:00am-11:45am	3-5	Studio 3	\$80.00
Move With Me	Monday	4:30pm-5:00pm	Walk-2	Studio 3	\$64.00
Ballet & Tap	Monday	5:00pm-5:45pm	3-5	Studio 3	\$80.00
Ballet & Tap	Monday	5:45pm-6:30pm	6-10	Studio 3	\$80.00
Blacklight Hip Hop	Monday	6:30pm-7:00pm	All ages	Studio 3	\$64.00
Ballet & Tap	Tuesday	9:00am-9:45am	3-5	Studio 3	\$80.00
Intro to Dance	Tuesday	9:45am-10:15am	2-3	Studio 3	\$64.00
Move With Me	Tuesday	10:15am-10:45am	Walk-2	Studio 3	\$64.00
Tumble Tots	Tuesday	10:45am-11:15am	1-2	Studio 3	\$64.00
Intro to Acro	Tuesday	11:15am-12:00pm	3-5	Studio 3	\$80.00
Blacklight Hip Hop	Tuesday	12:00pm-12:30pm	3-7	Studio 3	\$64.00
Blacklight Hip Hop	Tuesday	12:30pm-1:00pm	8 plus	Studio 3	\$64.00
Intro to Dance	Tuesday	3:00pm-3:30pm	2-3	Studio 3	\$64.00
Ballet & Tap	Tuesday	3:30pm-4:15pm	3-5	Studio 3	\$80.00
Intro to Acro	Tuesday	4:15pm-5:00pm	5-plus	Studio 3	\$80.00
Blacklight Hip Hop	Tuesday	5:00pm-5:30pm	All ages	Studio 3	\$64.00
Dance Combo	Tuesday	6:30pm-7:15pm	7-13	Studio 3	\$80.00
Move With Me	Saturday	9:00am-9:30am	18 months-2	Studio 3	\$64.00
Intro to dance	Saturday	9:30am-10:00am	18 months-4	Studio 3	\$64.00
Ballet & Tap	Saturday	10:00am-10:45am	3-5	Studio 3	\$80.00
Ballet & Tap	Saturday	10:45am-11:30am	6-10	Studio 3	\$80.00
Blacklight Hip Hop	Saturday	11:30am-12:00pm	All ages	Studio 3	\$64.00
Acro 1	Saturday	12:00pm-12:45pm	6-12	Studio 3	\$80.00

Dance classes available for children ages 12 months to 12 years support their full development—physical, cognitive, emotional, and social. Through styles like ballet, tap, creative movement, and other expressive activities, kids gain far more than just the ability to move to music.





Youth Taekwondo

Class	Day	Time	Age	Studio	Price
Taekwondo All Belts	Thursday	4:45pm-5:15pm	5-6	Studio 3	\$90.00
Taekwondo Lower Belts	Thursday	5:30pm-6:00pm	7-12	Studio 1	\$90.00
Taekwondo Upper Belts	Thursday	6:00pm-6:30pm	7-12	Studio 1	\$90.00
Taekwondo Upper Belts	Saturday	9:00am-9:30am	7-12	Studio 1	\$90.00
Taekwondo Lower Belts	Saturday	9:30am-10:00am	7-12	Studio 1	\$90.00
Taekwondo All Belts	Saturday	10:00am-10:30am	5-6	Studio 1	\$90.00

Purpose and Philosophy: The class aims to nurture young students physically, mentally, and emotionally through the disciplined and dynamic art of Taekwondo. Rooted in traditional Korean martial arts, the program emphasizes respect, perseverance, confidence, and self-control.



Tiger Kick

Class	Day	Time	Age	Studio	Price
Tiger Kick	Monday	4:15pm-4:45pm	6-9	Studio 2	\$64.00
Tiger Kick	Monday	9:00am-9:30am	6-9	Studio 2	\$64.00

TigerKick is a whole-child martial arts program that nurtures fun, fitness, confidence, and coordination. Through engaging movement, playful challenges, and teamwork, kids build physical strength, self-belief, and a strong sense of belonging—all in a supportive, empowering environment.



All Star

Class	Day	Time	Age	Studio	Price
All Star	Wednesday	4:00pm-4:45pm	6-9	Turf Field	\$64.00
All Star	Wednesday	5:00pm-5:45pm	10-12	Turf Field	\$64.00
All Star	Saturday	11:15am-12:00pm	9-12	Turf Field	\$64.00

A comprehensive athletic training program for children ages 7–12, supporting development through every stage—from foundational biomechanics to age-appropriate strength and heavy weight training, depending on each child's age and readiness.

Session 3

Youth Activity Center

Hours

Monday - Saturday
8:00am - 1:00pm

Monday - Thursday
4:00pm - 8:00pm

Sunday

1:00pm - 5:00pm

Details

- Available for ages 6 weeks to 12 years
- Parents must remain onsite while children are in the Youth Activity Center
- Please bring a labeled diaper for children who will need a diaper change
- Food and drinks are not allowed, except for prepared bottles in the Baby Room



Pricing

Single Visit | \$3 per visit per child | 2.5 hours max per visit

Packages

1 Child | \$15 per month | 2.5 hours max per visit

2+ Children | \$20 per month | 2.5 hours max per visit

*Children may have up to two non-consecutive visits per day – not to exceed 2.5 hours max each visit

Ready to get started?

Register for the YAC or purchase a package in person at the Youth Activity Center! Take a full look at policies, procedures, and the Parent Handbook on the Youth page of our website.



HANDBOOK

Questions?

Please reach out to our Youth Programs Director Karyn Walker, at Karyn.walker@walmart.com.

**Walton Family
Whole Health & Fitness**

1400 SE 5th Street
Bentonville, AR 72716

479.204.1000

wholehealth@walmart.com
wholehealth.walmart.com